

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 15201, Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Report Date:October 16, 2015 21:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 cubic inch, boneless 17g	1 fillet 176g	3.0 oz 85g
Proximates								
Water	g	61.73	--	--	17.50	10.49	108.64	52.47
Energy	kcal	201	--	--	57	34	354	171
Energy	kJ	841	--	--	238	143	1480	715
Protein	g	25.73	--	--	7.29	4.37	45.28	21.87
Total lipid (fat)	g	10.12	--	--	2.87	1.72	17.81	8.60
Ash	g	2.08	--	--	0.59	0.35	3.66	1.77
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca	mg	29	--	--	8	5	51	25
Iron, Fe	mg	1.49	--	--	0.42	0.25	2.62	1.27
Magnesium, Mg	mg	36	--	--	10	6	63	31
Phosphorus, P	mg	160	--	--	45	27	282	136
Potassium, K	mg	521	--	--	148	89	917	443
Sodium, Na	mg	110	--	--	31	19	194	94
Zinc, Zn	mg	0.86	--	--	0.24	0.15	1.51	0.73
Copper, Cu	mg	0.119	--	--	0.034	0.020	0.209	0.101
Manganese, Mn	mg	0.019	--	--	0.005	0.003	0.033	0.016
Selenium, Se	µg	46.8	--	--	13.3	8.0	82.4	39.8
Vitamins								
Vitamin C, total ascorbic acid	mg	2.1	--	--	0.6	0.4	3.7	1.8
Thiamin	mg	0.135	--	--	0.038	0.023	0.238	0.115

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 cubic inch, boneless 17g	1 fillet 176g	3.0 oz 85g
Riboflavin	mg	0.540	--	--	0.153	0.092	0.950	0.459
Niacin	mg	10.667	--	--	3.024	1.813	18.774	9.067
Pantothenic acid	mg	0.365	--	--	0.103	0.062	0.642	0.310
Vitamin B-6	mg	0.381	--	--	0.108	0.065	0.671	0.324
Folate, total	µg	2	--	--	1	0	4	2
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	2	--	--	1	0	4	2
Folate, DFE	µg	2	--	--	1	0	4	2
Choline, total	mg	83.6	--	--	23.7	14.2	147.1	71.1
Vitamin B-12	µg	4.23	--	--	1.20	0.72	7.44	3.60
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	23	--	--	7	4	40	20
Retinol	µg	23	--	--	7	4	40	20
Carotene, beta	µg	0	--	--	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	77	--	--	22	13	136	65
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.25	--	--	0.35	0.21	2.20	1.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	11.4	--	--	3.2	1.9	20.1	9.7
Vitamin D3 (cholecalciferol)	µg	11.4	--	--	3.2	1.9	20.1	9.7
Vitamin D	IU	457	--	--	130	78	804	388
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.0	0.2	0.1
Lipids								
Fatty acids, total saturated	g	2.881	--	--	0.817	0.490	5.071	2.449
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.012	--	--	0.003	0.002	0.021	0.010
14:0	g	0.436	--	--	0.124	0.074	0.767	0.371

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 cubic inch, boneless 17g	1 fillet 176g	3.0 oz 85g
16:0	g	1.781	--	--	0.505	0.303	3.135	1.514
18:0	g	0.565	--	--	0.160	0.096	0.994	0.480
Fatty acids, total monounsaturated	g	3.371	--	--	0.956	0.573	5.933	2.865
16:1 undifferentiated	g	0.603	--	--	0.171	0.103	1.061	0.513
18:1 undifferentiated	g	1.703	--	--	0.483	0.290	2.997	1.448
20:1	g	0.417	--	--	0.118	0.071	0.734	0.354
22:1 undifferentiated	g	0.622	--	--	0.176	0.106	1.095	0.529
Fatty acids, total polyunsaturated	g	2.488	--	--	0.705	0.423	4.379	2.115
18:2 undifferentiated	g	0.149	--	--	0.042	0.025	0.262	0.127
18:3 undifferentiated	g	0.064	--	--	0.018	0.011	0.113	0.054
18:4	g	0.160	--	--	0.045	0.027	0.282	0.136
20:4 undifferentiated	g	0.104	--	--	0.029	0.018	0.183	0.088
20:5 n-3 (EPA)	g	0.653	--	--	0.185	0.111	1.149	0.555
22:5 n-3 (DPA)	g	0.158	--	--	0.045	0.027	0.278	0.134
22:6 n-3 (DHA)	g	1.195	--	--	0.339	0.203	2.103	1.016
Cholesterol	mg	60	--	--	17	10	106	51
Amino Acids								
Tryptophan	g	0.288	--	--	0.082	0.049	0.507	0.245
Threonine	g	1.128	--	--	0.320	0.192	1.985	0.959
Isoleucine	g	1.186	--	--	0.336	0.202	2.087	1.008
Leucine	g	2.091	--	--	0.593	0.355	3.680	1.777
Lysine	g	2.363	--	--	0.670	0.402	4.159	2.009
Methionine	g	0.762	--	--	0.216	0.130	1.341	0.648
Cystine	g	0.276	--	--	0.078	0.047	0.486	0.235
Phenylalanine	g	1.005	--	--	0.285	0.171	1.769	0.854
Tyrosine	g	0.869	--	--	0.246	0.148	1.529	0.739
Valine	g	1.326	--	--	0.376	0.225	2.334	1.127
Arginine	g	1.540	--	--	0.437	0.262	2.710	1.309
Histidine	g	0.758	--	--	0.215	0.129	1.334	0.644
Alanine	g	1.556	--	--	0.441	0.265	2.739	1.323
Aspartic acid	g	2.635	--	--	0.747	0.448	4.638	2.240
Glutamic acid	g	3.841	--	--	1.089	0.653	6.760	3.265
Glycine	g	1.235	--	--	0.350	0.210	2.174	1.050

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 cubic inch, boneless 17g	1 fillet 176g	3.0 oz 85g
Proline	g	0.910	--	--	0.258	0.155	1.602	0.774
Serine	g	1.050	--	--	0.298	0.179	1.848	0.892
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0